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**Welcome to the 2014-15 School Year!** Over the last two years there have been many changes to the National School Lunch Program and School Breakfast Program, and this school year continues with even more changes with implementation of Smart Snacks. The Department of Elementary and Secondary Education (DESE), Food and Nutrition Services (FNS) applauds all of you for your efforts and achievements and we will continue to work through the challenges together. We are here, to hear you, and help in whatever manner possible.

### Listening Session conducted by USDA

USDA is conducting several round table discussions across the United States to listen to the operational experiences and challenges food service departments have faced over the last two years, as well as, the sharing of best practices and recommendations for technical assistance. Dr. Janey Thornton, Deputy Under Secretary, Food, Nutrition and Consumer Services, USDA, visited with a small group of Missouri food service directors representing different areas around the state, in Jefferson City on August 12, 2014. Examples of some of the challenges discussed were **1)** the sodium standards, **2)** offering only 100% whole-grain rich products, **3)** offering one cup of fruit at breakfast, **4)** falling participation resulting in less revenue, **5)** mandatory raising of the full price lunch charge, **6)** items that do not meet the Smart Snack standards and lack of products, and **7)** the complexity of the rules in general. Some examples of best practices were **1)** informing and marketing of a healthy school environment, **2)** nutrition education, **3)** participating in trainings offered, **4)** use of flavor stations to increase palatability in sodium reduced foods, **4)** Healthier US School Challenge schools, **5)** improved acceptance with the Fresh Fruit and Vegetable Program, and **6)** implementation of Farm to School.

## Showcase MO School Nutrition Programs!

The Department of Elementary and Secondary Education, Food and Nutrition Services (DESE FNS) wishes **to extend an invitation** to school nutrition directors or managers throughout the state **to showcase the hard work and dedication and excellent service** provided to its students.

If you have a program that you and your staff are particularly proud of and it may serve as an example to inspire others, we invite you to share your story.

Examples might be the following:

- Your school meals program has developed a branded concept that the community relates to and easily identifies.
- The school meals program works with a community and/or organizations to promote the importance of nutritious food, nutrition education and physical activity.
- Your program partners closely with student advisory council on a routine basis and incorporates student preferences when planning menus.
- You have increased participation numbers due to a recent change in menu production such as incorporating more scratch cooking or a new salad bar.

Maybe your program excels in customer service. Tell us what and how you conduct it? The list provided is not all inclusive!

**Interested schools can email the details particularly the who, what, when, where and how of your program and include pictures!!**

Deadline for submission is: Friday October 3rd close of business to [schoolfoods@dese.mo.gov](mailto:schoolfoods@dese.mo.gov).

**We look forward to hearing from you!**

## National School Lunch Week October 13-17, 2014

Celebrate NSLW 2014 with the theme of **"Get in the Game with School Lunch."** It's about encouraging kids to find a balance between healthy eating and physical activity. Get started planning your celebration with free tools and resources!

### **NSLW 2014 Toolkit**

Download this PDF full of creative ideas and tips to make organizing your celebration simple.

### **Merchandise & Products**

Order official NSLW merchandise online!  
Browse aprons, t-shirts, posters, pencils, balloons and more.

### **NSLW 2014 Logo and Artwork**

Complete this short online form to download fun and colorful NSLW logos and artwork. You can add the images to your menus, tray liners, newsletters and more. You can also download a profile picture and cover photo for your program's Facebook page.



## Serving Beans and Peas for Healthier School Meals

The meal patterns require schools to offer foods from the beans and peas (legumes) vegetable subgroup to all students at lunch each week.

- **The minimum offering is at least 1/2 cup weekly.**
- Beans and peas can be counted in school meals as either a vegetable or a meat alternate, but may not count for both components in the same meal.

A common question is what are the key markers of beans (legumes) and peas and what distinguishes them from grains.

For starters legumes grow in a pod (like a pea pod) which splits in two and the legumes also known as seeds are attached to the sides of the pod as illustrated.

Beans and peas are the **mature forms of legumes.**



*Seeds in a bean pod*

They include kidney beans, pinto beans, black beans, lima beans (mature), garbanzo beans (chickpeas), split peas and lentils.

On the other hand, grains are enclosed in their own shell, and the walls of their shells usually unite, such as wheat or rice.



*Snow Peas*

Beans and peas are available in dry, canned, and frozen forms. They are excellent

sources of plant protein, and also provide other nutrients such as iron and zinc.



*Pinto Beans Pod*

These beans and peas are similar to meats, poultry, and fish in their contribution of these nutrients.

However, green peas, green lima beans, and green (string) beans **are not considered to be part of the beans and peas subgroup.**

Instead, green peas and the immature green lima beans are similar to other **starchy vegetables** and are grouped with them.

In addition, green beans are grouped with **other vegetables** such as onions, lettuce, celery, and cabbage because their nutrient content is similar to those foods.

DESE FNS has available [list of creditable beans and peas](http://dese.mo.gov/sites/default/files/whatarevegetables.pdf) and other vegetable subgroups for your convenience: <http://dese.mo.gov/sites/default/files/whatarevegetables.pdf>



*Tuscan Smoked Turkey and Navy*

*Bean Soup.* 8 oz provides 1/2 oz meat; 1/4 c legume, 1/8 c red/orange veg., 1/8 c other veg.

Recipe plus more: <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>

*"...legumes grow in a pod (like a pea pod) which splits in two and the legumes also known as seeds are attached to the sides of the pod."*

## Salad Bar Promotional Events 2014-2015!

Missouri Team Nutrition is accepting school registrations who wish to promote their salad bars for elementary students for the 2014-2015 fall and spring semesters. This very popular **Rainbow Days event offers \$200 stipend** to cover extra produce, plus aprons for staff, beautiful cafeteria posters and roll(s) of stickers for the elementary students.

A first-come, first-serve program, we welcome repeat schools. Schools can also participate in both fall and spring, as funds dictate.

**Coming in the Spring of 2015**, a salad bar promotional event for upper elementary schools is being planned. The program will be titled, *Fresh Life!* Logo, posters and educational curricula will be offered addressing breakfast, smart drinks, healthy snacks plus more!

For now, registrations are accepted online for the elementary program, *Rainbow Days* at <http://health.mo.gov/living/wellness/nutrition/rainbowdayprojects/index.php>

For additional questions, contact [Alma.Hopkins@health.mo.gov](mailto:Alma.Hopkins@health.mo.gov).



# What's Cooking? - Healthy Meals Resource

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USDA has created *What's Cooking? USDA Mixing Bowl* web site:

<http://www.whatscooking.fns.usda.gov/>.

The above website is an easy way for the Supplemental Nutrition Assistance Program (SNAP), child care centers and schools providing healthy meals to find a one stop shop for individual and standardized recipes, cookbooks, USDA Food Fact Sheets, the Team Nutrition Resource Library and much more.

With schools looking to revise or incorporate more scratch or modified scratch cooking, the resource is a welcomed site!

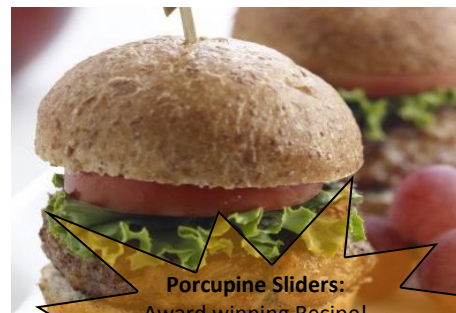
For starters, check out the *Recipes for Healthy Kids: Cookbook for Childcare Centers and Schools* at [www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0](http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0).

It offers standardized recipes for 25, 50 or 100 servings. The cookbook features the following:

- *Whole Grain Recipes*
- *Dark Green and Orange Vegetable Recipes*
- *Dry Beans and Peas Recipes*

All of these recipes are low in total fat, saturated fat, sugar and sodium. With fun names like Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, these **kid-tested, kid-**

**approved** recipes are sure to please children and be an instant hit!



**Porcupine Sliders:**  
Award winning Recipe!  
Mouth watering Turkey Burgers on Whole Wheat Bun



**SAVE THE DATE!!**  
**MSNA Annual Conference**  
November 7 - 9, 2014  
The Lodge of Four Seasons  
Lake of the Ozarks

**Making the right food choices, together.**

Join the annual conference to learn of new programs and present topics of interest.

- **Exhibitors Hall**
- **Innovation Stations**
- **Director's Workshop**
- **Keynote Speakers:**
  - **Paul Pyrz**  
President Leadershape
  - **Matthew Essner**  
[ignite-the-passion.com](http://ignite-the-passion.com)



**Culinary Skills Training 2014**

Food and Nutrition Services  
P.O. Box 480, 205 Jefferson Street  
Jefferson City, MO 65102  
Phone # 573-751-3526  
Fax # 573-526-3897

<http://dese.mo.gov/financial-admin-services/food-nutrition-services>



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